

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woodland Hills Store, Southern Pacific Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Chocolate Wheat Free/Gluten Free Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks
- Pretzel Twists

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, French

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap

Alive Cap

Rainbow Light

Energy B-Complex 45

Mintasure 75

Gummy Power Sours 30

Counter Attack 90

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 90

Active Health Teen Multivitamin 90

Magnesium Calcium "+" 180

Complete B-Complex 90

Men'S One Multivitamin 90

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Men'S One Multivitamin 150

Counter Attack 30

Vitamin D 1,000 Iu Gummies 50

Prenatal Multi Vitamin

Women'S Nutritional System 180

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 150

Everyday Calcium With Enzymes 120

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Rainbow Light (Cont'd)

Magnesium Calcium "+" 90

Performance Energy Multivitamin 90

Pain - Eze 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Baked Goods

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organicville (Cont'd)

Organic Ketchup

Cookies and Snack Bars

Enjoy Life

Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

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Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

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Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

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Nature's Way Alive!

Alive w/o Fe added Cap

Alive Cap

Rainbow Light

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Complete B-Complex 90

Vitamin D 400 Iu Gummies 60

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Performance Energy Multivitamin 90

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 150

Women'S Nutritional System 180

Energy B-Complex 45

Magnesium Calcium "+" 180

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 30

Magnesium Calcium "+" 90

Counter Attack 90

Kid'S One Multistars 30

Food Based Calcium

Women'S One Multivitamin 150

Prenatal Multi Vitamin

Men'S One Multivitamin 90

Men'S One Multivitamin 150

Counter Attack 30

Gummy Power Sours 30

Vitamin D 1,000 Iu Gummies 100

Pain - Eze 30

Mintasure 75

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Ener-G Foods (Cont'd)

Tapioca Loaf

OrganicVille (Cont'd)

Original BBQ Sauce

Candy and Chocolate**Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

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So Delicious

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Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille